

HERBALIST



FLASHCARDS

**WHAT IS ANOTHER
NAME FOR
POLYPHENOLS?**



**WHAT ARE SOME
ACTIONS OF A
POLYPHENOL?**



**WHAT IS THE NAME OF
THE ALKALOID THAT IS
PRESENT IN THE ROOT
BARK OF BARBERRY,
GOLDEN SEAL, AND
COPTIS?**



**WHAT EFFECT DOES
BERBERINE HAVE ON
THE BODY?**



TANNINS



**PRECIPITATE
PROTEINS. CLEANS
OUT MUCUS IN THE
MOUTH.**

**ANTI-VIRAL &
ANTI-PLAQUE**

BERBERINE



**BLOOD PURIFIER
ANTI-INFLAMMATORY
(CAN STIMULATE BILE
FLOW IN THE LIVER)
OFTEN USED FOR SKIN
DISEASES LIKE ACNE**

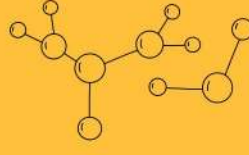
**WHAT DO PLANTS USE
TO CREATE CHEMICAL
COMPOUNDS?**



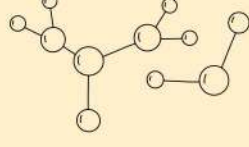
**WHAT IS THE
STARTING POINT AS
PLANTS PREPARE TO
MAKE CHEMICAL
COMPOUNDS?**



**WHAT IS ATP
(ADENOSINE
TRIPHOSPHATE)?**



**WHAT IS ADP
(ADENOSINE
DIPHOSPHATE)?**



**CARBON DIOXIDE,
WATER, MINERALS,
NITROGEN, ENERGY
FROM SUNLIGHT,
AND OTHER
ELEMENTS.**

**CARBON DIOXIDE,
OXYGEN & SUNLIGHT
CREATE A LIGHT
REACTION IN WHICH
SUNLIGHT IS USED TO
CONVERT ADP INTO
ATP AND NADP TO
NADPH.**

**A MOLECULE
THAT CARRIES
ENERGY IN ALL
LIVING CELLS.**

**A MOLECULE INVOLVED IN
THE CELLULAR ENERGY
TRANSFER PROCESS WHERE
IT ACTS AS A
"RECHARGEABLE BATTERY"
BY ACCEPTING A
PHOSPHATE GROUP TO
BECOME ATP WHEN A CELL
NEEDS ENERGY.**

**WHAT ARE
GLYCOSIDES?**



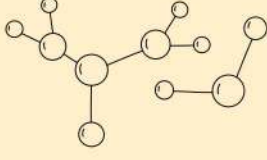
**WHAT IS A PURPOSE
OF PLANTS CREATING
GLYCOSIDES?**



**WHAT ARE SIMPLE
SUGARS CREATED
FROM?**



**WHAT ARE THE 3
MAIN CLASSES OF
CARBOHYDRATES?**



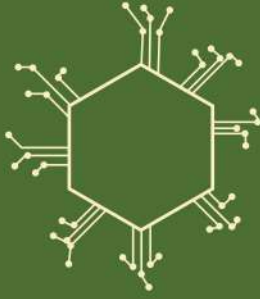
**GLYCOSIDES ARE A
DIVERSE GROUP OF
SIMPLE CHEMICALS
THAT HAVE A SUGAR
ATTACHED TO
THEM.**

**SOMETIMES PLANTS
CREATE GLYCOSIDES TO
CHANGE THE SOLUBILITY
OF A COMPOUND. THE
MORE SUGARS ATTACHED
TO A MOLECULE, THE
MORE WATER SOLUBLE &
TRANSPORTABLE IT
BECOMES.**

**SUNLIGHT,
WATER, AND
CARBON
DIOXIDE**

**MONOSACCHARIDES
OLIGOSACCHARIDES
POLYSACCHARIDES**

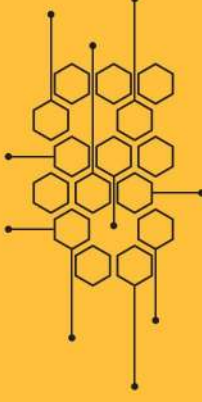
**WHAT ARE
MONOSACCHARIDES?**



**WHAT ARE
OLIGOSACCHARIDES?**



**WHAT ARE
POLYSACCHARIDES?**



**WHAT ARE THE TWO
MOST COMMONLY
OCCURRING
MONOSACCHARIDES IN
PLANTS?**



**SIMPLE SUGARS
CONTAINING
3 TO 9
CARBONS**

**WHEN THERE ARE
2 TO 10
MONOSACCHARIDE
UNITS. OLIGO-
MEANS "FEW."**

**POLY (MANY)
CONTAINING
MANY UNITS
CONNECTED TO
ONE ANOTHER.**

**FRUCTOSE
&
GLUCOSE**

**WHAT IS THE MAIN
SOURCE ENERGY FOR
LIVING ORGANISMS?**



**WHAT IS ONE WAY
LIQUID GLUCOSE CAN
BE USED IN A
MEDICINAL SETTING?**



**WHAT IS THE MAIN
SUGAR OF MANY
RIPE FRUITS?**



**WHAT IS A GOOD
SUGAR TO USE AS A
PRESERVATIVE IN
MEDICINAL SYRUPS &
ELIXIRS?**



**GLUCOSE. IT IS
WIDELY
DISTRIBUTED
THROUGHOUT THE
PLANT KINGDOM IN
SAPS.**

**THE CONSUMPTION
OF LIQUID GLUCOSE
CAN HELP PATIENTS
RECOVERING FROM
SEVERE ILLNESS OR
SHOCK.**

**FRUCTOSE.
HONEY
CONTAINS
DEXTROSE AND
FRUCTOSE.**

SUCROSE



**IN MEDICINE,
WHAT IS STARCH
USED FOR?**



**IT IS USED FOR ITS
NUTRITIVE,
DEMULCENT,
PROTECTIVE, AND
ABSORBENT
PROPERTIES.**

**WHERE IS INULIN
FOUND?**



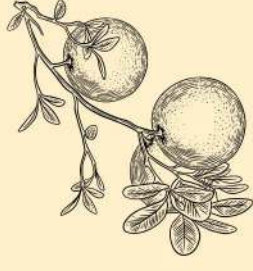
**IT IS OFTEN FOUND IN
THE ROOTS AND
STORAGE ORGANS OF
CHICORY, DANDELION,
AND JERUSALEM
ARTICHOKES.**

**WHY IS INULIN
BETTER FOR PEOPLE
WITH DIABETES?**



**INULIN CAUSES LESS
OF A BLOOD SUGAR
SPIKE THAN STARCH,
SO IT IS BETTER FOR
PEOPLE WITH
DIABETES.**

**WHERE IS PECTIN
FOUND?**



**PECTIN IS FOUND IN
VARIOUS PLANT
SEEDS AND FRUITS,
PRIMARILY CITRUS
AND APPLES.**

**HOW DOES PECTIN
HELP YOUR GUT?**



**PECTIN IS A
PREBIOTIC THAT
FEEDS BENEFICIAL
BACTERIA IN THE GUT,
AND MAY HELP
INHIBIT HARMFUL
BACTERIA.**

**CAN PECTIN HELP
WITH WEIGHT
LOSS?**



**YES, PECTIN MAY
HELP WITH WEIGHT
LOSS BY DELAYING
STOMACH EMPTYING,
WHICH CAN HELP YOU
FEEL FULL LONGER.**

**WHAT HEAVY
METALS CAN
PECTIN HELP
ELIMINATE?**



**LEAD, MERCURY,
AND CADMIUM.**

**HOW DOES PECTIN
HELP IMMUNE
FUNCTION?**



**PECTIN ACTIVATES
WHITE BLOOD CELLS
THAT HELP WITH
IMMUNE FUNCTION.**

**WHY IS YELLOW
DOCK RECOMMENDED
BY MIDWIVES?**



**WHAT ARE WILLOW,
MEADOWSWEET
FLOWERS, AND POPLAR
BARK GOOD FOR?**



**WHAT ARE USES OF
SWEET CLOVER &
HORSE CHESTNUT?**



**WHAT IS ONE HERB
THAT STIMULATES
BLOOD CIRCULATION?**



**YELLOW DOCK
RAISES BLOOD IRON
LEVELS AND
ENHANCES THE
BODY'S ABILITY TO
ABSORB THAT IRON.**

**THEY ARE ANTI-
INFLAMMATORY
AND HELP
REDUCE PAIN AND
FEVERS.**

**THESE PLANTS CAN
HEAL AND
STRENGTHEN VEINS,
PARTICULARLY
HEALING VARICOSE
VEINS.**

PRICKLY ASH



**WHAT ARE SOME
USES FOR TANNIN-
RICH HERBS?**



**THEY ARE USEFUL FOR
TREATING DIARRHEA. AS
THEY ARE ANTI-
MICROBIAL AND HAVE A
DRYING EFFECT. LEMON
BALM IS ALSO USED IN
CREAMS TO TREAT
HERPES.**

**WHAT ARE SOME
USEFUL EFFECTS OF
FLAVONOIDS?**



**ANTIALLERGIC
ANTIASTHMATIC
ANTI-INFLAMMATORY
ANIMICROBIAL
ANTHELMINTHIC
ANTICARCINOGENIC
ANTIOXIDANT
ANTINEOPLASTIC**

**WHAT ARE SOME
PLANTS RICH IN
FLAVONOIDS?**



**HAWTHORN
ST JOHN'S WORT
GINKGO
CITRUS
PASSION FLOWER**

**WHAT ARE SOME HERBS
KNOWN TO HELP
REDUCE THE PAIN OF
MIGRAINES?**



**FEVERFEW
BUTTERBUR
GINGER
PEPPERMINT
TURMERIC
DONG QUAI
LAVENDER
ROSEMARY**

**DIFFERENT USES OF
DANDELION**



**ROOT - DIGESTIVE TONIC
AND LIVER
DETOXIFICATION**

**LEAVES - DIURETIC
(INCREASES URINATION)**

FLOWERS - CALMING

**WHAT ARE
WARMING HERBS?**



**HERBS THAT STIMULATE
OR SPEED UP
METABOLISM, INCREASE
ENERGY PRODUCTION,
AND BRING BLOOD
FLOW & VITALITY TO
TISSUES IN THE BODY.**

**WHAT ARE
COOLING HERBS?**



**HERBS THAT SEDATE
OR SLOW DOWN
METABOLISM TO
DECREASE ENERGY
PRODUCTION WHILE
COOLING OR
SOOTHING IRRITATION
& REDNESS.**

**WHAT ARE NEUTRAL
HERBS?**



**HERBS THAT ARE
NEITHER WARM NOR
COOL. NEUTRAL HERBS
DO NOT HAVE A STRONG
EFFECT ON CIRCULATION
OR CELLULAR
METABOLISM.**

WHAT DO

"MOISTENING"

HERBS DO?



**MOISTENING REFERS TO
HERBS THAT INCREASE
THE MOISTURE
CONTENT OF TISSUES.
THEY LUBRICATE AND
SOFTEN DRY, BRITTLE,
OR HARDENED TISSUES.**

WHAT DO

"DRYING"

HERBS DO?



**HERBS THAT REMOVE
EXCESS FLUID FROM
TISSUE, CAUSING IT TO
BECOME MORE FIRM &
DENSE, RELIEVING
CONDITIONS OF
DAMPNESS AND
SWELLING.**

WHAT DO

"BALANCING"

HERBS DO?



**HERBS THAT NORMALIZE
TISSUES THAT ARE
EITHER DAMP OR DRY,
HELPING TO BALANCE
THE AMOUNT OF
MOISTURE AND SOLIDS
(MINERALS) WITHIN
THE TISSUES.**

WHAT DO

"CONSTRICTING"

HERBS DO?



**THEY INCREASE THE TONE /
TENSION WITHIN MUSCLES
AND OTHER TISSUES, WHICH
STOPS EXCESS FLOW &
SECRETION. THEY TONE UP
TISSUES THAT HAVE
BECOME OVERLY
RELAXED/WEAK AND ARE
LEAKING FLUIDS.**

WHAT DO

"RELAXING"

HERBS DO?



WHAT DO

"NOURISHING"

HERBS DO?



WHAT ARE THE

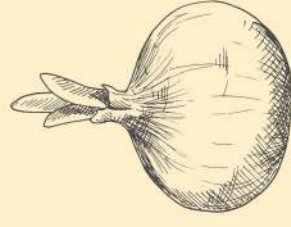
12 CATEGORIES

OF HERBS?



WHAT ARE

PUNGENT HERBS?



THESE HERBS RELAX
MUSCLE CRAMPS AND
SPASMS, RELIEVING EXCESS
TENSION IN THE TISSUES.
THIS PROMOTES EASIER
FLOW & MOVEMENT AND
CAN HELP TO INCREASE
DEFICIENT SECRETION.

NOURISHING HERBS
PROVIDE ESSENTIAL
NUTRIENTS THAT AID
TISSUE HEALING AND
IMPROVE TISSUE
STRUCTURE AND
FUNCTION.

PUNGENT, **AROMATIC**
SIMPLE BITTERS
ALKALOIDAL BITTERS
FRAGRANT BITTERS
ACRID, ASTRINGENT
SOUR, SALTY, **SWEET**
MUCILANT, **OILY**

PUNGENT HERBS ARE SPICY,
HOT, AND HAVE A SHARP
AROMA. EX: CAYENNE
PEPPER, GINGER, MUSTARD,
& ONIONS. THEIR FLAVOR IS
DUE TO THEIR RESINS,
ALKALAMIDES, ALLYL SULFIDES,
OR MONOTERPENE ESSENTIAL
OILS.

**WHAT IS THE
EFFECT OF**

PUNGENT HERBS?



**WARMING & DRYING. THEY
SHIFT BLOOD & ENERGY
FROM THE INTERIOR OF
THE BODY TO THE SKIN &
MUCUS MEMBRANES. THIS
HELPS DISPEL STAGNATION,
INDUCE PERSPIRATION, &
STIMULATE BLOOD
CIRCULATION.**

**WHAT DO
DIGESTIVE
SECRETIONS DO?**



**THEY ENHANCE
APPETITE, EXPEL GAS,
AND INCREASE
INTESTINAL
PERISTALSIS.**

**WHAT CAN THE
OVERUSE OF
PUNGENT HERBS DO?**



**OVERUSE CAN DEplete THE
BODY'S ENERGY RESERVES
AND COOL THE BODY. THEY
CAN SOMETIMES BE
IRRITATING TO THE
DIGESTIVE TRACT. THESE
HERBS ARE CONTRAINDICATED
FOR PEOPLE WHO ARE OFTEN
HOT, FLUSHED, & IRRITABLE.**

**WHAT ARE
AROMATIC HERBS?**



**THESE HERBS CONTAIN
VOLATILE OILS (AKA ESSENTIAL
OILS). VOLATILE OILS
EVAPORATE WHEN EXPOSED TO
LIGHT & HEAT. THE MINT &
CARROT FAMILIES CONTAIN
MANY AROMATIC HERBS,
INCLUDING DILL, PEPPERMINT
& LEMON BALM.**

**WHAT IS THE
EFFECT OF
AROMATIC HERBS?**



**USUALLY WARMING &
DRYING. THEY CAN HAVE
STRONG EFFECTS ON THE
NERVOUS SYSTEM,
EITHER CALMING OR
STIMULATING.**

**WHAT CAUTIONS
SHOULD BE TAKEN
WHEN USING
AROMATIC HERBS?**



**AROMATIC HERBS ARE
CLASSICALLY SAFE TO USE.
HOWEVER, PURE ESSENTIAL
OILS SHOULD BE USED
ALMOST EXCLUSIVELY IN
TOPICAL APPLICATIONS.
EVEN THEN, THEY NEED TO
BE WELL DILUTED.**

**WHAT ARE SIMPLE
(NONALKALOIDAL)
BITTERS?**



**SIMPLE BITTERS ARE BITTER
DUE TO "BITTER
PRINCIPLES."
NONALKALOIDAL BITTERS
INCLUDE ARTICHOKE LEAF,
GENTIAN, KALE, & HOPS.
STIMULANT LAXATIVES
INCLUDE CASCARA SAGRADA,
BUCKTHORN, AND ALOE LEAF.**

**WHAT DO SIMPLE
BITTERS DO?**



**(COOLING OR WARMING &
DRYING. NONALKALOIDAL
BITTERS TEND TO BE
DETOXIFYING. SOME ARE
SEDATIVE/CALMING, OTHERS
RELIEVE PAIN. WHEN EATEN RAW
THEY STIMULATE THE
PRODUCTION OF HYDROCHLORIC
ACID, BILE, AND PANCREATIC
ENZYMES.**